

# Safe Lifting

## Lifting Guidelines



- Plan lifts and moves by removing obstacles from the path.
- Test the weight of the load.
- Ask for and use assistance if needed.
- Brace the pelvis before lifting to maintain the curves of spine. Tightening the lower abdominal muscles will help create a mechanically strong base for lifting.
- Don't hold your breath. This increases the pressure in your organs and discs.
- Plant your feet firmly - get a stable base.
- Bend at your knees - not your waist.
- Keep the load close to your body and use your leg muscles as you lift.
- Keep your head up and back straight.
- Pivot feet instead of twisting back if you need to turn while lifting or moving. Shoulders, feet and hips should move together.



### DO NOT

- Lift while reaching or stretching.
- Lift from an uncomfortable posture.
- Fight to recover a dropped object- let it go.
- Twist and lift.
- Lift heavy objects with one hand (unbalanced).



**The wrong way!**



**The right way!**

### Use Proper Equipment

- Hand trucks
- Carts
- Dollies
- Gloves

### Reducing Muscle Fatigue

- Shift your posture. Don't remain in one position for too long.
- Stretch frequently throughout the day.
- Practice good ergonomics.
- Keep fit.

